

**2200 Calorie Pattern
for
Gestational Diabetes**



Meal Pattern	Meal Example
<p>1st Meal (Breakfast) 1 starch 1 protein food choice 2 fat Coffee/tea with artificial sweetener and/or small amount milk (1 tablespoon or less)</p>	<p>1 slice whole wheat toast 1 egg or 1/4 cup egg substitute 2 teaspoons soft margarine Coffee or tea with artificial sweetener and/or small amount milk (1 tablespoon or less)</p>
<p>2nd Meal (Mid-morning snack) 1 starch 1 protein food choice 1 cup reduced fat milk 1 fat</p>	<p>6 whole grain crackers 2 tablespoons peanut butter (includes fat) 1 cup reduced fat milk</p>
<p>3rd Meal (Lunch) 2 ounces protein food 1 starch 1 low calorie vegetable 1 cup reduced fat milk 1 fruit 2 fats</p>	<p>2 ounces chicken, not fried 1 baked potato ½ cup green beans 1 cup reduced fat milk 2 pats soft margarine 1 apple</p>
<p>4th Meal (Mid-afternoon snack) 2 starches 1 protein food choice 1 fruit 1 fat</p>	<p>1 small bun 1 ounce low fat cheese 1 teaspoon mayonnaise ½ banana</p>

Meal Pattern	Meal Example
<p>5th Meal (Supper) 2 ounces protein food 2 starches 2 low calorie vegetables 2 fats 1 fruit</p>	<p>2 ounces stew beef ½ cup corn 1 small roll ½ cup broccoli ½ cup carrots 2 teaspoons soft margarine 1 orange</p>
<p>6th Meal (Bedtime snack) 1 cup reduced fat milk 1 starch 1 protein food choice 1 fat</p>	<p>1 cup reduced-fat milk 3 graham cracker squares 2 tablespoons peanut butter (includes the fat)</p>